

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Each meal costs the Department of Aging \$4.80. Seniors age 60+ may contribute any amount up to the full cost.</p> <p>Individuals under age 60 are required to contribute the full cost of each meal.</p> <p><b>Milk is served with each meal.</b></p>	<p>Tropical Fruit Cup Veggie Burger w/cheese on bun Baked Beans Carrots Fresh Pear</p> <p>Canada Day</p>	<p>Tomato Juice Chicken Breast w/mushroom gravy Brown Rice Green Beans White Bread Fresh Apple slices</p>	<p>Cranberry Juice Southwest Bean Salad ¼ lb Hot Dog on bun Fresh Cole Slaw Watermelon slice</p>	<p><b>Senior Centers And Offices Closed</b></p> <p>Independence Day</p>	<p>Navy Bean Soup Tuna Salad Cold Plate on Lettuce Potato Salad Grape Tomatoes Saltine Crackers Fresh seasonal fruit</p>	
	<p>Grape Juice Turkey Chili on Brown Rice Carrots Corn Muffin Tropical Fruit</p>	<p>Pineapple Juice Baked Chicken Drumsticks Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Wheat Bread</p>	<p>Apple Juice Split Pea Soup Marinated Cucumber, Tomato &amp; Onion Salad Tuna Sub w/cheese On roll w/lettuce &amp; tomato Pineapple Tidbits</p>	<p><b>Sub Day</b> Cranberry Juice Turkey Combo Sub Cole Slaw Potato Salad Fruit Cocktail</p>	<p>Apple Juice Turkey Burger w/lettuce &amp; tomato On roll Grape Tomatoes Potato Salad Diced Pears</p>	
	<p>Pineapple Juice BBQ Beef on Sandwich Roll Scalloped Potatoes Green Beans Tropical Fruit Cup</p>	<p><b>Special Meal</b> ¼ lb Hot Dog on bun Pepper/Onion garnish Cole Slaw Baked Beans Watermelon slice Apple Pie ala mode</p>	<p>Orange Juice Chef's Salad Plate w/ham, egg, cheese, tomatoes, cucumber Fresh Apple slices Wheat Bread</p>	<p>Grape Juice Baked Chicken Parmesan Ziti Noodles w/garlic sauce Green Beans Wheat Bread cold Blueberry Pear Crisp</p>	<p>Multi Bean Soup Apple Juice Cottage Cheese and Fruit Cold Plate w/egg, peach, pear &amp; pineapple, tomato on Lettuce Wheat Crackers</p>	
	<p><b>Potato Bar</b> Tomato Juice Baked Potato w/chili, cheese &amp; sour cream Tossed Salad Apple Sauce</p>	<p>Orange Juice Chicken Stew w/peas and carrots on White Rice Wheat Bread Rosy Apple Sauce</p>	<p>Pineapple Juice Hot Roast Beef/gravy Mashed Potatoes Summer Blend veggies Wheat Bread Fruit Cocktail</p>	<p>Orange Pineapple Juice Pork Loin w/gravy Bread Stuffing Steamed Broccoli Cherry Apple Crisp</p>	<p>Multi Bean Salad Apple Juice Rotini with sweet Italian Sausage in Tomato Sauce Italian Blend veggies Wheat Bread Seasonal Fruit</p>	
<p>Tomato Juice Chicken Cheese Steak sandwich on roll w/lettuce &amp; tomato Green Beans Seasonal Fruit</p>	<p>Beef Tips Tamale w/ cheese Corn Tortillas Toss Salad Corn Mandarin Orange segments</p>	<p>Grape Juice White Amish Bean Salad Chicken Caesar Salad Wheat Bread Fresh Pears</p>	 <p><i>July 2013</i></p> <p>Frederick County Department of Aging Senior Center &amp; Home Delivered Meal Menus</p>			

Reservations are required. Please contact the senior center at least two days in advance for a reservation.